

Hurricane Salmon and Lentil Patties

Makes: 4 Servings

“Living on an island can be a task at times, especially during hurricane season. Power is knocked out, grocery stores closed or damaged, and fresh food items are often limited,” says Jalani. “My recipe can be prepared under these circumstances. The salmon doesn't have to be refrigerated, nor are many supplies needed. If the power is out, I can prepare my meal using our gas stove with mom’s help.”

Ingredients

- 8 ounces** lentils
- pinch** dried thyme
- pinch** dried oregano
- pinch** salt
- pinch** pepper
- 2 cans** salmon, any bones removed
- 2** large eggs
- 1** onion, peeled and diced
- 2 tablespoons** olive oil
- 4** whole-wheat buns
- Sprouts, optional
- 1** mango, sliced

Directions

1. **Place the lentils in a bowl**, cover with cold water, and let sit for 1 hour. Fill a large stockpot with water, add the lentils, and bring to a boil over medium-high heat. Cook for 20 minutes, or until tender. Drain the lentils and place in a large bowl. Add the thyme, oregano, salt, and pepper and toss to combine.
2. **Add the salmon**, egg, and onion to the bowl with the



Nutrition Information

Nutrients	Amount
Calories	700
Total Fat	21 g
Saturated Fat	3 g
Cholesterol	145 mg
Sodium	623 mg
Total Carbohydrate	58 g
Dietary Fiber	15 g
Total Sugars	14 g
Added Sugars included	3 g
Protein	72 g

cooked lentils. Shape into 4 patties.

3. **In a large sauté pan**, heat the olive oil over medium-high heat. Cook the patties, flipping once, for 5 minutes per side, or until cooked through and light brown. Place on buns, and serve with sprouts and mango on the side.

The 2015 Healthy Lunchtime Challenge Cookbook